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“There are two things children should get
from their parents: Roots and Wings”
Johann Wolfgang Von Goether

At 18 years old my child needs to be able to:

How do I let go without losing control?

Preschool:

Elementary:

Middle School:

High School:

College:

Boots on the Ground Parenting:

1. First, do it for them.
2. Second, do it with them.
3. Third, watch them do it.
4. Fourth, they do it completely, independently.



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Collaborative Problem Solving Questions for Your Parenting Tool Belt
(in no particular order and with different ways to ask the same question)

1. What is the problem? What is another way to define the problem?
2. How are you feeling about it?
3. How do you want to feel when the problem is solved?
4. How important is it to you to solve the problem?
5. Do you want to solve the problem?
6. How can we solve the problem together?
7. How can I help you solve the problem?
8. What are some possible solutions to the problem?
9. How could you fix the problem?
10. What do you think is the best solution to the problem? Why?
11. What are the consequences of that solution?
12. Is there a better a solution? What might it be?
13. Why is that solution better?
14. Have you ever experienced anything like this before? How did you solve that problem and how did things turn out?
15. What might get in the way of your solving this problem?
16. Who else do you need or could you include in the process of solving the problem?
17. What other information do you need to have to solve the problem?
18. Where can you get that information?
19. What are the risks of solving this problem?
20. What are the benefits to solving this problem?
21. What will you consider a success?
22. What is your action plan?
23. Are you scared, nervous, excited etc.?
24. How are you feeling now that you have a plan?
25. Are you ready to go solve the problem?
26. Is there anything more I can do to help?

“I am very proud of you for taking this problem on with such courage! No matter how things turn out you are going to be fine. I am always here for you.”



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Your Top Five Family Values

Honesty	_____	Independence	_____
Integrity	_____	Hard Work	_____
Humor	_____	Perfection	_____
Patience	_____	Communication	_____
Resilience	_____	Teamwork	_____
Perseverance	_____	Responsibility	_____
Commitment	_____	Happiness	_____
Loyalty	_____	Challenge	_____
Success	_____	Competitiveness	_____
Compassion	_____	Intelligence	_____
Openness	_____	Competence	_____
Kindness	_____	Productivity	_____
Freedom	_____	Recognition	_____
Safety	_____	Satisfaction	_____
Security	_____	Acceptance	_____
Respect	_____	Money	_____
Authenticity	_____	Predictability	_____
Trust	_____	Friendship	_____
Fairness	_____	Leadership	_____
Others	_____		



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Way to Measure Your Child's Progress Towards Independence and Developing Resilience

You know your child is maturing towards independence when they are beginning to meet the milestones below. Remember, growth and change will be slow. Look for very small increments of change that are developmentally appropriate for the age of your child. Look for clues in each of these milestones for ways to challenge your child, give them responsibility, create a bit of discomfort and then using collaborative problem solving, mentor them to success instead of using shame and guilt.

I am (Self-Awareness) – insight, knowledge of personal strengths/weaknesses, knowledge around how they think, remember and solve problems, Ability to anticipate personal needs and plan accordingly.

I do (Self-management) – Daily living skills/Hygiene, Executive functioning skills like planning/problem solving/decision making, self-management (technology, responsibilities etc.), emotional regulation.

I can (Industrious mindset) – self-determination, accountability, internal locus of control, self-efficacy, opposite of learned helplessness and externalizing blame. They believe that they “can handle it”!

I will (Resilience) – grit, flexibility, distress tolerance, capacity to delay gratification, goal directed persistence.

I relate (Social Skills) – communication skills, self-advocacy, conflict resolution skills, ability to cultivate and utilize social supports

I'm here (Engagement) – attending, participating, arriving prepared.



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Top Fifteen Boots on the Ground Parenting Tips

(How to have a healthy relationship with your child no matter their age.)

1. Don't do for your children what they can do for themselves. **Builds self-esteem.**
2. Allow your children to experience the natural consequences of their choices. **Builds resilience.**
3. Use positive reinforcement more than punishment to guide behavior. **Builds trust, respect and self-control.**
4. Solve problems with your children not for them. **Builds critical thinking skills and competence.**
5. Use humor whenever possible. **Builds in fun and positive connection.**
6. Let your children falter and fail. **Builds grit and a strong sense of self.**
7. Give your children a few responsibilities they do not like to do. **Builds perseverance.**
8. Set reasonable and clear boundaries and expectations. Just challenging enough so your children have to stretch but not so high they break in the process. **Builds skills for establishing priorities and following through.**
9. Always communicate to your children that they are worthy of love. **Builds self-respect.**
10. Act as you want your children to act. Do as you want your children to do. You are the most powerful and influential person in your children's lives. **Builds strength of character.**
11. Listen more and talk less. **Builds connection and understanding.**
12. Identify and communicate your family values through what you say, do and how you handle tough times. **Builds a family identity and soul.**
13. Relax. Take serious things seriously and keep a lightness of heart about the rest. **Builds skills for stress management.**
14. Have fun! Have fun! Have fun! **Builds a zest for life.**
15. Take care of yourself and your adult relationships. You are allowed to have an adult life separate from your children. **Builds fortitude and life satisfaction.**

BLACK BELTS IN THE ANCIENT ART OF AVOIDANCE

Can sense trouble from ten miles away.

Expert at making self invisible.

A master of deflection.



What am I avoiding? _____

What underlies my fear?

1. I can't handle disapproval.
2. I can't handle making a mistake.
3. I can't handle feeling out of control.
4. I can't handle how he/she speaks to me.
5. I can't handle _____.
6. I can't handle _____.
7. I can't handle _____.

Change how I talk to myself and others. (Pain to Power Vocabulary, Susan Jeffers)

- | | | |
|------------------------|-----|--------------------------------|
| 1. I can't | vs. | I can/I won't |
| 2. I should | vs. | I could |
| 3. It's not my fault. | vs. | I'm totally responsible. |
| 4. It's a problem. | vs. | It's an opportunity. |
| 5. Life is a struggle. | vs. | Life is an adventure. |
| 6. I hope | vs. | I know |
| 7. If only | vs. | Next time |
| 8. What will I do? | vs. | I know I can handle it. |

Practice:

I can't _____	I can/I won't _____
I should _____	I could _____
I hope _____	I know _____
If only _____	Next time _____